

**ABSTRACT OF THE DISCLOSURE**  
**SWING TRAINER**

5 A swing trainer composed of a handle, pulley, and cord connected to the handle  
and passing through the pulley permits a user to freely move the handle in any direction  
as well as rotate about its longitudinal axis so that he or she can engage in movement  
specific resistance training in a muscle memory fashion. The swing trainer preferably  
includes all or portion of a golf club (e.g., golf grip), tennis racket, baseball bat, hockey  
stick, or other piece of sporting equipment which the user will be training on. Because  
the handle is connected to the cord, the user can turn, rotate, and swing the handle in the  
10 same manner as he or she will when engaged in a sport, and the cord will slide on the  
pulley during this motion. Resistance, in the form of weights or the like, can be applied  
during the swing without obstructing the natural motion of the swing because the shifting,  
turning or rotating movement will translate into sliding of the cord through the pulley and  
force being applied from the pulley to the resistance (e.g., weights). Furthermore, a ball  
15 shaped device may be substituted for the handle for resistance training of the specific  
movements required for throwing a football or baseball, or for rolling a bowling ball or  
sliding a curling stone.